

# The Happenings

## August 2016

**Joyce C. Budrow North Haven Senior Center**  
**189 Pool Road, North Haven, CT 06473**  
**Office: 203-239-5432 Fax: 203-234-7185**  
**Hours: Weekdays 8:00 a.m. to 4:00 p.m.**  
**Café: 203-239-4030 9am -12 noon**  
[www.town.north-haven.ct.us](http://www.town.north-haven.ct.us)

### Mission

The mission of the Center is to respond to the ever-changing needs of mature adults and their families by providing opportunities for personal enrichment, information and referral, advocacy, volunteerism, wellness and social and recreational activities.

### Staff

**Manager and Municipal Agent for Elderly: *Judy Amarone***  
**Program Coordinator: *Sue Tienken***  
**Secretaries: *Maggie Maiden and Ellen McDonald***  
**Transportation: *Keith Baedor, Richard Kaman and Kevin Smith***  
**Café Manager: *Arlene Herzog***



## ***Daily, Medical, Errands, Grocery Shopping, Mini Trips***

### **Daily Transportation**

Transportation is available for eligible residents who do not drive their own vehicles, or who cannot access a public transportation system to reach their desired destination. Those who do drive their own vehicles may use the system on a temporary basis if their vehicle is in for repairs or if they are experiencing a temporary disabling condition that prevents them from driving on their own. Service is curb to curb. Standing rides to the Center can be arranged for your convenience. Daily reservations are required by 12 noon of the preceding workday by contacting the Center 203-239-5432.

### **Scheduled and Mini Trips**

For errand, grocery, grooming, and mini trips all riders must be on time and ready for pick up beginning at 9:00 a.m. You must advise the driver if you are making other arrangements for your return trip. If you are not at your designated pick up point when driver arrives, there will be a ten-minute wait time. If you miss the bus it is your responsibility to obtain transportation home. Due to schedule restrictions under no circumstances will the driver return at a later time to pick you up on that day. If you drive on your own and would like to join us on mini trips, you must drive to the Center by 9:30 a.m. to participate in the trip, the driver will not pick you up at your home.

**Mondays: (time frame for grocery shopping will be an hour and half from time of drop off)**

- Grocery Shopping

**Tuesdays:**

- Hairdressers, Barbers and Nail Salons

**Wednesdays: (time frame for errands will be up to an hour for a single stop from time of drop off)**

- Errands to include – pharmacies, bank, post office, card shop

**Thursdays: (time frame for mini trips will be an hour and half from time of drop off)**

- Hairdressers, Barbers and Nail Salons
- Mini Trips: **Please see the Calendar for dates and places.**

**Fridays: (time frame for grocery shopping will be an hour and half from time of drop off)**

- Grocery Shopping

***Please Note: A staff member will contact you the day before to inform you of your pick up time when you have a scheduled medical appointment for the following day.***

### **Medical Transportation**

Only one medical ride may be scheduled per day. All reservations are on a first-come, first-served basis. Reservations can be made as early as three months prior to the medical appointment.

Every effort will be made to accommodate an individual's appointment. However, an alternative time and transportation service may be suggested in order to better serve all requests. **Pickup times are approximate.** Please be patient as traffic and number of riders may impact your pickup. Non-Emergency Medical appointments include transportation to North Haven, Hamden and **on a very limited basis** to New Haven.

Passengers are to have the following information ready when calling for a medical reservation: name, address, telephone number of doctor's office; date and time of appointment; name of any other person who rider will be traveling with to doctor's office.

**Please make note: there will be *no medical, no shopping, and no errands or daily transportation* on the following days – August 5; September 5; October 12; November 11 and 24; December 2 and December 26.**

**Please note: All scheduled Grocery Shopping, Hairdressers, Errands and Mini Trips begin pickups at 9:00 a.m. Reservations for mini trips begin on the first day of the month. If scheduled trips are canceled for any reason, there *will not* be a make-up day during that week for transportation.**

***Activity dates, transportation and times are subject to change.***

*From the desk of Judy,*

*It's that time of year again where I ask you to update your application that I have on file. For many there have been changes in emergency contacts and their telephone numbers. It is important that I have updated information in the event of an emergency. In addition I have added a place for you to share your email address. Please fill out and sign the application included in this month's newsletter and return it to the office.*

*Last month I asked for you to be creative with the title of the senior center newsletter by giving me suggestions on what title is best suitable. Here are the suggested titles:*

- *Senior Communication*
- *The Center's Circle of Life*
- *The Center Circle*
- *Good Old Times*
- *Ladies & Gentlemen Social Club*
- *The Party Line*
- *Senior Gossip*
- *Senior News*
- *The Senior Experience*
- *The Senior Class*
- *Heart and Soul*
- *Senior Living*
- *Seniors Care*
- *The Budrow Beeline*
- *The Tell All*
- *The Center Times*
- *Senior Buzz*
- *Senior Highlights*
- *Senior Guide and Activity*
- *The Happenings (Title for July's Newsletter)*
- *Senior Happenings (Current Title)*

*Please circle the title that you like best and drop it off at the Office. In September I will let you know what title was the most popular and this will be the name of your newsletter.*

*The Curio Cabinets are awaiting your hobbies or interest to be displayed at the Center. Our first member to share her interest was Terri Langley as she displayed her beautiful Nutcracker collection. My favorite is the one given by her grandchild. We all know memories and reminiscing comes with our collections and I look forward to displaying the next collection. Please see Judy by August 5 to share your collection. Remember it can be anything that you have collected over the years. All items are in a secured in a locked cabinet.*

*Holiday Fair... Friday, November 18, 1:00 to 6:00 p.m. and Saturday, November 19, 9:00 a.m. to 2:00 p.m. - Volunteer meeting is scheduled for Thursday, September 15 at 10:00 a.m., please join us if you would like to Volunteer! I know it's only August however in preparing for a successful Fair, volunteers will be needed for the following:*

- ❖ *Helping out a specific table*
- ❖ *Bakers and Candy Makers for our bake sale items and the Cookie Walk Table*
- ❖ *Crafters: sewers, wreath makers*
- ❖ *Our ceramic class is always welcoming in new members as well!*

*Get involved! It's fun and I assure you will be glad you did!*



### **Cookie Walk Table. . .**

The Cookie Walk table will be back! Please begin to save your 1 pound empty coffee cans and bring them to the Center! The Cookie Walk was so popular last year we don't want to run out so we are looking for bakers to bake at least 4 dozen of their favorite cookies! If you are willing to bake, please sign up in the office.

### **Granny's Attic and Jewelry Table . . .**

We are looking for your "once loved" items, all in good to excellent condition, for the Granny's Attic and Jewelry tables for the Holiday Bazaar. Please begin bringing the items in on Thursday, September 1 through Tuesday, November 1.

The following items are acceptable donations:



- Housewares: cookware, sauce pans, dishes, serving utensils – please make sure they are clean!
- Appliances (small & portable): can openers, clocks, coffee makers/pots, & crockpots – please make sure they are clean!
- Home goods: lamps, pictures/paintings, mirrors
- Miscellaneous: wicker baskets, children's toys (no stuffed animals), dolls, seasonal items-i.e. Christmas décor, Easter, Halloween, board games, collectibles.

The Center does not accept the following:

- Albums/vinyl records
- Beddings/linens
- Cameras
- Clothing of any type including: shoes, purses, or coats
- Computers/ printers
- Books, magazines
- Medical equipment
- Plants
- Sewing machines
- Stereo equipment/tape recorders, TV's, VHS tape players or tapes

Items that are in good working order are the most beneficial for the bazaar. We do not repair broken items, and the disposal of such items takes away from our bazaar. It's hard to say "no thank you" to a donation however at times we may have to if the donation does not benefit the goal of raising monies for the Center.



**Do you like to sing? Looking to put your musical talents to use . . .**  
**Our Senior Songsters always are looking for new members – come check out our talented group of singers on Tuesdays from 1:15 to 2:15 p.m. We will resume from a summer break on Tuesday, September 13<sup>th</sup>.**

***Thank you to the following for your generosity for the month of July...Carol Labagnaro  
 And to all those who contribute book donations for our Center library.***

***Welcome to the Center...***

***Kathleen Naumann, Josephine Criscuolo, Dino&Philomena Ippolito,  
 Aida Frangione, David Thomas, Marianna Kaczmarczyk***

## August Adventures . . .

Happenings	Date/Time	Cost	Registration Dates
<b>Jewelry Making 101 with Eryn</b>	Wednesday, August 3 Wednesday, August 17 10:00 to 11:30 a.m.	\$3.00 per session for residents  \$8.00 per session for non-residents All supplies are included in price	<b>Resident's registration:</b> Monday, July 11 through Friday, July 29 <b>Non-resident's registration:</b> Monday, July 25 through Friday, July 29 <b>Seating: Min/Max 4/8</b>
<b>Downton Abbey-a-thon</b>	Thursdays in August 4, 11, and 18  1:00 to 2:30 p.m.	\$1.00 for popcorn, 1 candy bar and ice tea available for purchase on Thursdays	<b>Just come on down to watch the series!</b>
<b>Hot Dog Fridays</b>	Friday, August 19 Friday, August 26 11:45 a.m.  <b>No Hot Dog Friday on August 12</b>	\$5.00 resident \$10.00 non-resident	Friday before  <b>Seating: Min/Max 10/20</b>
<b>Bring Your Own Lunch &amp; Bingo</b> <b>Ice Cream Sundaes from McDonalds</b>	Wednesday, August 10  Ice Cream Sundaes served at 12:00 p.m.	\$1.00 for residents  \$6.00 for non-residents	Please register by Friday, August 5  <b>Seating: Min/Max 25/50</b>
<b>Free Cooking Demo with a ShopRite Dietitian!</b>	Thursdays, August 11, 18, 25 and September 1 1:00 p.m.  You can sign up for 1 or all 4 classes!	<b>FREE</b>  North Haven Resident's only!	Please call the Center to register by Friday, August 5.  <b>Seating: Min/Max 2/20</b>
<b>Storyteller, Kate Allen Smith</b> Come join Kate today to enjoy an hour of great conversation!	Tuesday, August 16 10:30 a.m.	No Fee	RSVP by Thursday August 11 by calling the Center, 203-239-5432.

Happenings	Date/Time	Cost	Registration Dates
<b>Make It Take It Crochet Necklace and Bracelet</b>	<p>*2 Day Sessions: Wednesday, August 17 and Wednesday, August 24 10:00 a.m.</p> <p>*You have to attend both sessions.</p>	<p>\$3.00 residents</p> <p>\$8.00 non-residents</p> <p>All supplies are included in price</p>	<p><b>Resident's registration:</b> Monday, July 18 through Tuesday, August 9</p> <p><b>Non-resident's registration:</b> Monday, August 1 through Tuesday, August 9</p> <p><b>Seating: Min/Max: 5/20</b></p>
<b>Bocce Tournament with Wallingford Senior Center at North Haven</b> Menu will be: 2 hot dogs or hamburger or cheeseburger, salad, chips, drink and dessert	<p>Thursday, August 18 10:30 a.m.</p> <p>Barbecue will follow immediately after play</p>	<p>\$5.00 residents</p> <p>\$10.00 non-residents</p> <p>Bocce Players Only</p>	<p>Monday, July 25 through Friday, August 12</p>
<b>Lunch Bunch Out: Sandpiper, East Haven</b>	<p>Tuesday, August 23 11:30 a.m.</p> <p>Transportation will be provided by Center's Bus, non-residents will need to drive on their own.</p>	<p>On your own</p>	<p><b>Registration:</b> Tuesday, August 2 through Monday, August 15</p> <p><b>Seating for the bus: 19</b></p>
<b>Dinner and A Movie: Joy</b>	<p>Thursday, August 25 3:00 p.m.</p>	<p>\$5.00 residents</p> <p>\$10.00 non-residents</p>	<p><b>Resident's registration:</b> Monday, August 1 through Friday, August 19</p> <p><b>Non-resident's registration:</b> Monday, August 15 through Friday, August 19</p> <p><b>Seating: Min/Max: 15/30</b></p>

### Upcoming for September . . .

**Game Day** – Thursday, September 1,

**Session 1:** 10:00 to 11:30 a.m.

**Session 2:** 12:30 to 3:30 p.m.

**Session 3:** All day

**Resident registration begins on Wednesday, August 3 through Friday, August 26, non-resident registration begins on Tuesday, August 16 through Friday, August 26. Cost: \$2.00 per session or \$3.00 for the day for residents; \$7.00 per session for non-residents or \$8.00 for the day for non-residents. Come on in and join in the fun, play your favorite game or try a new one!! We will set up Pinochle,**

Military Whist (need 5 tables of 4 to play this), Canasta, Bridge, Rummikub and Mah Jongg. Snacks will be provided. You do not have to come for the whole day - you can come any of the sessions!

**Labor Day Celebration** - Tuesday September 6, 11:30 a.m. **Registration begins through the Center for residents on Monday, August 1 through Monday, August 22 and registration for non-residents will begin on Monday, August 15 through Monday, August 22. Cost: \$5.00 for residents and non-residents since the Traveling Chef is sponsored by Lindley Foods. Seating: Min/Max: 20/60.** Panini's will be made on site by Lindley Foods Master Chef as we are serenaded by Jeffery Krieger, Cello performer from American Federation of Musicians. Jeffery's performance is made possible through a grant that the Center was awarded from the National Council on Aging. You have a choice of Panini; Italian (genoa salami, pepperoni, ham, mortadella, mozzarella, fresh tomato, sweet red pepper, oil and vinegar) **OR** Chicken Parmesan, also included for lunch will be salad and potato of the day, dessert and drinks. A Form 5 must be filled out prior to this event the office has the forms available.

**Bingo and Lunch** – Wednesday, September 7, 11:30 a.m. Lunch will be served at 11:30 a.m. sharp!! **Registration begins for residents on Monday, August 8 through Monday, August 29, non-resident registration begins on Monday, August 22 through Monday, August 29. Cost: \$5.00, residents and \$10.00, non-residents. If you plan on joining us for lunch and not Bingo, the cost of lunch will be \$3.00, residents and \$8.00, non-residents. Seating: Min/Max: 10/40.** Menu for lunch will be bacon, lettuce and tomato on white toast, three bean salad, dessert and drink. Cost includes lunch and 2 bingo cards only; any additional bingo cards will cost the usual, .75 per card, the cost will include the progressive game for 2 cards. There is no LifeBridge lunch this day!

**Hearing Screening** – Thursday, September 8, 10 to 11:30 a.m. appointments are made every 15 minutes. Sponsored by John Caswell, the Hearing Instrument Specialist. Please contact the Center to setup your appointment for the screening by Friday, September 2, 203-239-5432.

**Presentation: What is Normal Aging?** - Monday, September 12, 10:00 a.m. **Please call the Center, 203-239-5432 to register by Friday, September 2.** Dr. Susann Varrano will be presenting to us today on What is Normal Aging? If you are interested in learning what this is about come listen for the hour!!

**NEW DATE: Wine and Paint Party** – Thursday, September 15, 1:00 p.m. **Registration for residents begins on Monday, August 1 through Friday, August 26, non-resident registration begins on Monday, August 15 through Friday, August 26. Bring your own wine and we will provide the snacks! Cost: \$30 residents; \$35 non-residents, all paint supplies are included. Seating: Min/Max: 8/25.** Come and enjoy an afternoon of fun, history and laughter! Learn step by step how to turn your blank 12 x16 canvas into a masterpiece! We will be painting Sunflowers by Vincent Van Gogh. Our friend Linda Marino will be our instructor. No experience required!

**Bocce Tournament with Wallingford Senior Center** – Thursday, September 22, 10:30 a.m. Please sign up by Monday, September 12. The North Haven Senior Citizens will take on the Wallingford Senior Citizens in a friendly game of bocce at the Wallingford Senior Center, 238 Washington Street, Wallingford. Transportation on your own!

**Dinner & A Movie: Elsa & Fred** – Thursday, September 22, 3:00 p.m. **Registration for residents begins on Monday, August 15 through Friday, September 9, non-resident registration begins on Monday, August 29 through Friday, September 9. Cost: \$5.00 for residents, \$10.00 for non-residents. Seating: Min/Max: 15/30.** "Elsa and Fred" is the story of two people who, at the end of the road, discover that it's never too late to love and make dreams come true. Elsa (Shirley MacLaine) has lived for the past 60 years dreaming of a moment that Fellini had already envisioned: the scene in 'La Dolce Vita' at the Fontana di Trevi, the same scene with Anita Ekberg in it, but with Elsa instead. Without Marcello Mastroiani but with that love that took so long to arrive. Fred (Christopher Plummer) is a bit younger than Elsa and has always been a good man who did everything he was supposed to do. After losing his wife, he feels disturbed and confused and his daughter decides that it would be best if he moves into a smaller apartment where he meets Elsa. Menu will be meatball subs, drinks and dessert. The movie is rated PG-13 and runs 104 minutes.

***Mah Jongg Tournament*** – Thursday, September 29, see attached flyer.

***Bocce Fun with Department Heads*** – Friday, September 30, 11:30 a.m. **Registration begins Thursday, September 1 through Friday, September 23.** We will begin with lunch – 2 hot dogs or a choice of 1 hamburger or 1 cheeseburger, pasta salad, chips, dessert and drinks. Open to Bocce members only, no fee!

## Save the Dates . . .

### October Events:

- **Bingo & Lunch** – Wednesday, October 5, 11:30 a.m.
- **Welcome New Member Breakfast** – Tuesday, October 4, 9:30 a.m.
- **Pinochle Tournament** – Thursday, October 6, 11:30 a.m.
- **Jazz Festival** – Thursday, October 13, 12:30 p.m. More information on costs and menu will follow!
- **Dinner and a Movie** – Thursday, October 20, 3:00 p.m.
- **Flu Clinic sponsored by the VNA Community Healthcare** – Monday, October 24, 11 a.m. to 12:00 noon

### November Events:

- **Bingo & Lunch** – Wednesday, November 2, 11:30 a.m.
- **Military Whist Tournament** – Thursday, November 10, 11:30 a.m.
- **Holiday Fair** – Friday, November 18; 1:00 to 6:00 p.m. and  
Saturday, November 19; 9:00 a.m. to 2:00 p.m.
- **All Day Bingo and Lunch** – Friday, November 25, 10:00 to 11:30 a.m., lunch will be served at 11:45 a.m. and then bingo will resume at 12:30 p.m. More information on costs and menu will follow!
- **Annual Tree Decorating Party and Christmas Caroling with our Songsters** – Tuesday, November 29, 1:00 p.m.

### December Events:

- ❄ **Tri-Town Christmas Party** – Friday, December 2, 11:00 a.m. held at Zandri's Stillwood Inn, Transportation will be provided to members that do not drive– tickets go on sale in November!
- ❄ **Hanukkah Breakfast** – Thursday, December 15, 10:30 a.m.
- ❄ **Bring In the New Year** – Thursday, December 29, 11:45 a.m. background music by Sal Anastasio and catering done by Zandri's Stillwood Inn – held at the Senior Center.



### **Paid and Unpaid Classes\***

**Registration begins four weeks prior to class start date.**

**If there is availability for non-residents, they may register two weeks prior to class start date.**

**All checks made payable to: North Haven Senior Citizen.**

**A class with insufficient enrollment will be cancelled prior to the starting date and participants will receive a refund as well as being notified. Once a class is in session there are no refunds or adjustments to the required payment as instructors based on payment once the class is filled.**

**\*Sponsorships for paid classes may be available, please see Judy.**

**MEDITATION 101** – Monday, 10:30 to 11:30 a.m. **New Session:** Monday, September 12 through Monday, February 20. This program will meet every other week – two times a month, when registering see class schedule. **Residents registration begins on Monday August 15 through Friday, September 9, non-residents registration begins Monday, August 29 through Friday, September 9. Cost: \$20 resident, \$25.00 non-resident.** By using a combination of breathing, relaxation techniques and guided imagery, Meditation can: relax body, mind, emotions and spirit; can help with various medical conditions; calm nerves; provide mental clarity and perspective! **Participants: Min/Max: 10/20.**

**OIL PAINTING** – Tuesday, 12:45 to 2:45 p.m. **New Session:** Tuesday, September 13 through November 29, 2016, **registration for residents will begin on Tuesday, August 16 and registration for non-residents will begin on Tuesday, August 30.** Cost: \$30 resident, \$35 non-resident. A list of supplies will be given to you prior to the first class. **Participants: Min/Max: 10/14.**

**SITERCISE** – Monday and Wednesday, 10:30 to 11:30 a.m. **New Session:** Mondays and Wednesdays, beginning on Monday, September 12 through Wednesday, December 14, 2016. Increase muscle strength, improve flexibility, gait and balance to help avoid falls; exercises can be done in a chair or standing; and a specially designed program for those 50 and older who are at risk for falls. **Residents registration begins on Monday, August 8 through Friday, September 2, non-residents registration begins on Monday, August 22 through Friday, September 2. Cost: \$15 residents, \$20.00 non-residents. Participants: Min/Max: 10/15.**

**TAI CHI: FOR BETTER BALANCE** - Monday and Thursday, 10:00 to 11:00 a.m. **New Session:** Mondays and Thursdays beginning on Monday, September 12 through Thursday, December 15, 2016. Learn about Tai Chi practice, increase balance and stability, maintain bone density and improve circulation and flexibility. **Residents registration begins on Monday, August 8 through Friday, September 2, non-residents registration begins on Monday, August 22 through Friday, September 2. Cost: \$15 residents, \$20.00 non-residents. Participants: Min/Max: 10/15.**

**BEGINNER CHAIR YOGA** - Tuesday, 10:00 to 11:30 a.m.

**New Session:** Tuesday, August 30 through November 15, 2016, 10:00 to 11:30 a.m. Chair Yoga is a gentle yoga practice incorporating stretches while sitting on chairs as well as some standing poses. Suitable for all and anyone who feels uncomfortable getting up and down from the floor. Yoga will help to improve posture and breathing, help restore and maintain normal mobility and a healthy range of motion, and help you to grow and expand psychologically and spiritually. Current session will end on Tuesday, August 23. **Residents registration will begin on Tuesday, August 2 through Friday, August 26, non-residents will begin on Tuesday, August 16 through Friday, August 26. Cost: \$50 residents, \$55 non-residents. Participants: Min/Max 8/12**

**GENTLE HATHA YOGA** - Thursday, 1:00 to 2:30 p.m. Yoga is a gift! With Yoga, the body remains open and flexible; Yoga will strengthen stretch, tone and relax your entire body. Hatha Yoga combines proper breathing and yoga postures that revitalize the body physically and mentally. This class is designed for those who can get up and down from the floor. **Session:** Thursday, July 21 through October 6. Fee: \$50 residents; \$55 non-residents. **Participants: Min/Max 5/12**

## 2016 Day Trip Policies

- Trips are open to all North Haven seniors on a first come first serve basis starting on the collection date. Non-resident seniors may sign up two weeks after collection date. A \$5.00 non-resident fee will be charged for each trip. Residents on the waiting list will take precedence over non-residents.
- Full payment is due in order to secure your reservation. Please see description as to whom to make checks payable to. **The non-resident \$5.00 fee is payable in cash only.**
- Please remember to bring in your emergency contact information, their name and telephone numbers where they can be reached during the day (including work and cell numbers.) Please remember to bring your emergency forms with you on day of trip. This is important since it has an emergency contact person, medications and allergies.
- Registrations cannot be taken over the phone. Payment and registration is made in person. However in the event you are unable to make it to the Center, a friend may register you for the trip as long as payment is made. When a friend is registering you for a trip, emergency contact information, name and phone number is required. If you are ill or are away on vacation payment may be mailed to the office only after you have contacted the office to inform them of your situation, mailing in your payment will not guarantee you a spot on the trip. No early pre-registration prior to the scheduled registration for any trips unless noted in the newsletter will be taken. Please do not ask staff to stray away from the guidelines.
- Please make the staff aware of any special seating requests for the bus as you sign up for the trips. The first two rows are reserved for persons with disabilities. Unfortunately due to the fact some trips are sponsored by a Travel Agent, special menus cannot be accommodated.
- If special assistance is needed, it is highly recommended to bring a family member or friend.
- There will be no refunds. If the Travel Agent or the Center cancels the trip or if there is a waiting list, refunds will be issued.
- Departure and return times are subject to change by the Travel Agent – please be patient with the office staff.
- Please arrive at least 15 minutes prior to departure time. If you are not on time as specified for departure time, the bus will leave without you and there will not be a refund issued. You must come into the Center to check in prior to boarding the bus. No passengers are to board the bus until your name is called and checked off by the North Haven Senior staff member.
- In consideration of members who need the handicap parking spaces during the trip for classes held at the Center, please park either in the staff parking spaces, regular parking spaces or on the grass. Thank you for your consideration.

**Casino: Mohegan Sun** – Tuesday, September 13, 2016. **Collection date: Friday, July 22, 2016.** Cost: \$24.00 per resident; \$29.00 per non-resident. Departure time at 9:00 a.m. and estimated return time is 5:00 p.m.  
**Make checks payable: North Haven Senior Citizen.**

**Essex Steam Train and Riverboat** – Tuesday, October 18, 2016. **Collection date: Friday, August 26, 2016.** **Cost: \$70.00 per resident.** Departure time from the Center is at 9:30 a.m. and estimate return time is 4:30 p.m. Enjoy a 3-course lunch aboard restored 1920's Pullman dining cars as part of a 3 3/4 hour lunch, train and riverboat sightseeing excursion. Let our attentive staff transport you back to an era when rail travel was king, and eating in the "diner" was a delicious special occasion. Upon boarding the dining car, you'll savor a hot lunch that is prepared and cooked on board, **dinner choice of: roast beef or chicken parmigiana.** Travel aboard the train along the lower Connecticut River Valley while you finish your meal. At Deep River Landing,

transfer to the *Becky Thatcher* riverboat for a cruise on the Connecticut River, bursting with lush scenery and historic sites such as Gillette Castle. Following your cruise, return to Essex Station aboard one of our coach passenger cars. ***We will no longer be using the Senior Center's bus due to the overwhelming response to this trip. We are chartering a bus from Peter Pan and the cost will be increased based on 45 passengers.***

**Casino: Foxwoods** – Tuesday, November 1, 2016. **Collection date: Friday, September 23, 2016.** Cost: \$28.00 per resident; \$33.00 per non-resident. Departure time at 8:15 a.m. and estimated return time is 5:30 p.m. **Make checks payable: North Haven Senior Citizen.**

**APPLICATION FOR MEMBERSHIP**

**NORTH HAVEN JOYCE C. BUDROW SENIOR CENTER**  
**189 Pool Rd., North Haven, CT 06473**  
**203-239-5432**

**DATE OF APPLICATION:** \_\_\_\_\_

**ARE YOU A NORTH HAVEN RESIDENT? YES / NO (circle one)**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Town** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Home Telephone Number:** \_\_\_\_\_ **Cell Number:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Marital Status:** \_\_\_\_\_

**With Whom Do You Reside?** \_\_\_\_\_

**Emergency Contact Info**

<b>Name and Relationship</b>	<b>Daytime Phone #</b>	<b>Cell Phone #</b>

**Retired? YES / NO**

**Interests, Hobbies, Talents, Skills:**

\_\_\_\_\_

**→ Please read the Participant Code of Conduct attached and sign below**

**Applicant's signature:**

\_\_\_\_\_

Town of North Haven  
\*Joyce C. Budrow Senior Center

### Participant Code of Conduct

The North Haven Senior Center provides recreational, social, medical, educational, nutritional and cultural services and programs to North Haven residents. By offering such essential services, activities and programs, the Center has become a multi-service center or one-stop shopping for senior services. We welcome you to the Center and hope that we may be of service to you and your family.

As our guest, you can personally help the Center maintain a warm, positive and safe environment. The Center's Participant Code of Conduct and Dress Code provide guidelines for the conduct of all who volunteer and use the services provided by the Town of North Haven Senior Center.

### Participants Conduct

It is the policy of the Center to practice appropriate measures when handling patron misconduct. In keeping with the policy, all patrons within the Center/or partaking in an event on or off the grounds will be expected to adhere to this code of conduct when participating in programs, taking advantage of services or using facilities. \*\*The Director of the Center reserves the right to remove or suspend patrons from the facility or programs.

As members of the Center, participants are expected to conduct themselves in an appropriate manner at all times while participating in programs and services provided or sponsored by the Center. Acts of violent behaviors or disrespect for authority, un-sportsmanlike conduct, misuse or abuse of the equipment and facility, and use of foul language or gestures will not be tolerated.

### Participants Must Exhibit the Following Conduct

- Be considerate and treat others with kindness, courtesy, and respect
- Be calm and patient and refrain from using abusive, obscene, threatening, harassing, insulting, or suggestive language
- Not engage in (or threaten ) physical violence
- Support the staff in keeping the facilities clean and refrain from the consumption of food or beverages in any rooms other than the large community room
- Be able to care for themselves while partaking in Center activities. Individuals needing assistance (memory impairment or incontinence) may conditionally participate in Center activities with the aid of a self provided care attendant
- Refrain from lying down or sleeping on the furniture
- Be properly clothed at all times: shirt/blouse, pants/skirt, shoes/sneakers or sandals
- Not consume or be under the influence of any alcoholic beverages and/or illegal drugs

## North Haven Senior Center Café 203-239-4030

### Eligibility

- The Senior Community Café is offered to all persons age 60 or over and their spouses regardless of age.
- Persons under age 60 may participate as guests with prior notice made to the Café Manager.

### Reservation Process

- Reservations must be made directly with the Café Manager a maximum of five days and a minimum of 24 hours in advance. In the event of a holiday or planned closing you must call 48 hours in advance. Note: please call the Café Manager and not the Senior Center staff. See cancellation process.
- Reservations may be made in person or by phone 203 239-4030 between the hours of 9 a.m. and 11 a.m. For Monday lunch, please call the Friday prior.
- Reservations will be taken on a first-come, first-serve basis. If demand exceeds the capacity, persons may place their names on a waiting list. Persons on the waiting list will be accommodated only if a cancellation should occur.

### Cancellation Process

- Cancellations of reserved meals must be made as soon as possible with the Café Manager, either in person or by phone.

### Seating

- Seating is on a first-come, first-serve basis. There is no reserved seating.
- Participants should plan to be seated by 11:30 a.m. Lunch is served at 11:45 a.m.

### Donations

- The requested donation for eligible participants is posted.
- Each participant may deposit his or her donation in a closed box.
- Guests under age 60 are required to donate the full non-subsidized cost of the meal, which is posted.
- Participants who cannot make the requested donation may contribute what they can.

### Menus, Health and Safety Information

- Menus are announced each month and are posted at the Senior Center, in the monthly newsletter and in the newspapers.
- Meals are not to be removed from the building.

### Home Delivered Meals

- Meals may not be ordered for take out. The only exception is that if a regular participant is temporarily confined to home, someone may bring them their meal each day up to a limit of five days.

### Resolutions of Problems

- Comments or suggestions regarding the meals should be directed to the Café Manager.
- Complaints and disputes arising over the meal program should be handled first by the Café Manager, and then the Senior Center Director.

### Closings

- Cancellation of the meal due to storms/emergency may be found on Channel 8 news.
- The planned meal that was to be served on a snow or storm day, during which the site is closed, will be served on the following day.
- Reservations made for the snow or storm day will be honored on the first day the site is re-opened. Those who did not have a reservation for that day will be served only in the event that there are cancellations.
- In the event there has been a two day closing please contact the Café Manager regarding reservations or menu changes.

**LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFÉ**  
**Nutrition for Mind, Body and Spirit**  
**August, 2016**

	<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>	
	<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>	
	3 oz Stuffed Salmon with Lemon Sauce ½ cup Mashed butternut Squash ½ cup Broccoli Enriched bread 1 tsp margarine ½ cup Tropical Fruit 8 oz low fat milk		3 oz Hot Open Turkey Sandwich on Rye Bread with Gravy ½ cup Sweet Potato Fries ½ cup Jardiniere blend Fresh fruit 8 oz low fat milk		3 oz Spanish chicken qtr ½ cup yellow rice with vegetables ½ cup Green Beans 1 slice Wheat bread 1 tsp margarine 4 oz Apple juice ½ cup Rice pudding 8 oz low fat milk		3 oz Roast Beef with Gravy ½ cup Mashed potato ½ cup Spinach Pumpnickel Dinner Roll 1 tsp margarine 4 oz Cranberry Juice Fruit strudel 8 oz low fat milk		6 oz Rhode Island Clam chowder 1 pkt unsalted crackers 1 cup Pasta and tuna salad ( ½ cup pasta, 3 oz tune) ½ cup Lettuce & cucumber ½ cup Beet salad Garlic breadstick 1 tsp margarine ½ cup Pineapple 8 oz low fat milk	
	<b>8</b>		<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>	
	3 oz Eggplant Rolatini ½ cup Penne Pasta ½ cup broccoli 1 slice Italian bread 1 tsp margarine 4 oz Pineapple Juice Italian ice 8 oz low fat milk		3 oz Lemon Chicken ½ cup Rice Pilaf ½ cup Carrots 1 slice Pumpnickel bread 1 tsp margarine 4 oz Apple Juice Chocolate Chip Cookie 8 oz low fat milk		<b>Bring Your Own Lunch</b>  <b>Sundaes from McDonalds for \$1.00</b>		3 oz Hamburger Wheat Bun Ketchup, ½ cup Lettuce, & Tomato & pickle ½ cup Potato Salad ½ cup grapes 8 oz low fat milk		1/6 Spinach Quiche ½ cup fresh Zucchini ½ Broiled Tomato Herbed Breadstick 1 tsp margarine ½ cup Fruit Cocktail 8 oz low fat milk	
	<b>15</b>		<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>	
	<b>HAPPY BIRTHDAYS!</b> 3 oz Herb Baked Chicken ½ cup Brown rice pilaf ½ cup Peas 1 slice Marble Rye 1 tsp margarine 4 oz Grape Juice Chocolate Cake 8 oz low fat milk		3 oz Meatloaf with Gravy ½ cup Mashed Potatoes ½ cup Roman Veggie Blend 1 slice Multi grain dinner roll 1 tsp margarine ½ cup Peaches 8 oz low fat milk		<b>Taste of Italy</b> 1c Cannelloni Cheese Pasta W/White Sauce 1/2c Cauliflower & Zucchini Baked Tomato Half 1 slice Italian Bread 1 tsp Margarine 1/2c Grape Juice 1/2c Chocolate Mousse W/ Whipped Topping 8oz Low Fat Milk		6 oz Cream of zucchini soup 1 pkt crackers 3 oz Light crunch fish with Tartar Sauce ½ cup Mashed Sweet Potato ½ cup Broccoli Wheat Dinner Roll 1 tsp margarine ½ cup Tropical Fruit 8 oz low fat milk		3 oz Egg Salad Sandwich Croissant 1 tsp margarine ½ cup Tossed Salad with Cucumber & Vinaigrette Dressing ½ cup Three Bean Salad ½ cup Melon 8 oz low fat milk	
	<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>	
	3 oz Pulled Pork with BBQ Sauce ½ cup Baked Beans ½ cup Coleslaw 1 Wheat Bun 1 tsp margarine Fresh Fruit 8 oz low fat milk		6 oz Italian Wedding Soup 1 pkt crackers Grilled Chicken Caesar Salad 3 oz grilled chicken 1 cup romaine salad 2 Tbsp Caesar Dressing Garlic breadstick 1 tsp margarine ½ cup Fruit Cocktail 8 oz low fat milk		3 oz Crab Cake with Tartar Sauce ½ cup Rice pilaf 1 cup broccoli slaw 1 slice Marble Rye 1 tsp margarine ½ cup Pineapple 8 oz low fat milk		3 oz Turkey with Gravy ½ cup Mashed Potatoes ½ cup peas and onion 1 wheat dinner roll 1 tsp margarine 4 oz Cranberry Juice Coffee Cake 8 oz low fat milk		1 cup Cheese Baked Ziti with Parmesan Cheese ½ cup Riviera Blend Italian bread 1 tsp margarine 4 oz Apple Juice Ice cream cup 8 oz low fat milk	
	<b>29</b>		<b>30</b>		<b>31</b>					
	3 oz Beef Chili ½ Baked Potato ½ cup Mexicali blend veggies Corn Bread 1 tsp margarine ½ cup Apricots 8 oz low fat milk		3 oz sausage ½ cup Pasta with Broccoli Rabe ½ cup Carrots 1 Multigrain Dinner Roll 1 tsp margarine 4 oz Grape Juice ½ cup Tapioca Pudding 8 oz low fat milk		3 oz Philly Cheese Steak on Wheat Grinder Roll With ½ cup pepper and onion ½ cup Sweet potato fries Fresh fruit 8 oz low fat milk					

**Lifebridge Community Services “CHOICE” MENU**

**Nutrition for Mind, Body and Spirit**

**August 2016**

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
	¾ c. Roasted Cauliflower Soup/LS Crackers 2 oz Thin Sliced Medium Roast Beef & 1oz Sliced Cheese W/ Onions & Tomato on Kaiser Roll 1 tsp Mayo/ Mustard 1/2c Potato Salad ½ cup grapes 8 oz low fat milk		6 oz Orzo Soup 1 pkt LS crackers New York Hero – Smoked Turkey, Ham & Provolone (3 oz total) W/ LS Italian Dressing, Sliced Tomato, Green Peppers, Lettuce ½ c. Tomato Cucumber Salad Fruit Strudel 8 oz low fat milk	
8	9	10	11	12
	¾ c. California Chicken Salad Plate/Shredded Carrots, Sliced Apples, Raisins & Mayo on Bed Of Lettuce/ Croutons 1 c. Pasta, Vegetable, Olive Salad W/Broccoli & Peppers ½ c. Beet Salad 1/2c Apple Juice Chocolate Chip Cookie 8 oz LF Milk		6 oz Minestrone Soup 1 pkt LS crackers Chef Salad – 1 oz LS Fresh Roast Turkey/ 1 oz Cheese & 1 Hard Cooked Egg, LS Dressing 1 Small Whole Wheat Roll ½c.Tomato, Cucumber, Onion, Basil Salad 1/2c Grapes 8oz LF Milk	
15	16	17	18	19
<b>HAPPY BIRTHDAYS!</b>	6oz LS Chicken Rice Soup LS Crackers 6” Veggie Sub ( 2oz American, 1 oz Cheddar, Roasted Eggplant, Green Peppers, Tomato) 1/2 C Tri Colored Pasta Salad W/LS Italian Dressing ½ cup peaches 8oz LF Milk	<b>TASTE OF ITALY SPECIAL</b>	6 oz Cream of zucchini soup 1 pkt crackers 3 oz. Seafood Salad Roll 1/2c Carrot Raisin Salad 1/2c Tomato Cucumber Salad 1/2c Tropical Fruit 8oz LF Milk	
22	23	24	25	26
	6 oz Italian Wedding Soup 1 pkt crackers 1/2c Egg Salad on Multigrain Bread 1/2c Coleslaw ½ cup fruit cocktail 8 oz low fat milk		1/2c Turkey Salad W/Celery on Whole Wheat Kaiser Roll 1c. Tossed Salad W/LS Dressing 1/2c Chickpea Salad W/Onion, Green Pepper & Garlic) 4 oz Apple Juice Coffee Cake 8 oz low fat milk	
29	30	31		
	Ham & Swiss on Rye (2oz Ham/1oz Cheese W/Lettuce & Tomato) Mayo & Mustard 1/2c German Potato Salad 1/2c Waldorf Salad 1/2c Tapioca Pudding 8oz LFMilk			



## AUGUST 2016 MONTHLY ACTIVITIES

### **Mondays:**

- 9:00: Line Dancing – there will be **NO** Line Dancing for the month of August
- 9:30: Fitness Fun
- 10:00: Canasta
- 10:30: Sitercise
- 12:30: Bingo; Bocce
- 1:00: Pinochle – Beginners Welcome

### **Tuesdays:**

- 9:00: Ceramics
- 10:00: Chair Yoga
- 12:30: Mah Jongg; Crafts
- 12:45: Oil Painting – there will be **NO** Oil Painting for the month of August, check the newsletter for  
registration dates!
- 1:15: Senior Songsters – there will be **NO** Senior Songsters for August 16, 23 or 30

### **Wednesdays:**

- 9:00: Line Dancing – there will be **NO** Line Dancing for the month of August
- 9:30: Fitness Fun
- 10:00: Bocce
- 10:30: Sitercise
- 12:00: Mah Jongg
- 12:15: Bridge
- 12:30: Bocce
- 1:00: Rummikub

### **Thursdays:**

- 9:00: Ceramics
- 10:00: Pinochle; Color Fun
- 12:30: Canasta
- 1:00: Hatha Yoga; Pinochle

### **Fridays:**

- 9:30: Fitness Fun; Scrabble
- 12:15: Bridge
- 12:30: Bingo; Bocce

# AUGUST 2016 CALENDAR OF SPECIAL EVENTS, PRESENTATIONS, MINI TRIPS, LUNCH BUNCH EXCURSIONS AND COLLECTION REMINDERS FOR TRIPS

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
10:00: Jewelry Making 101		10:00: Jewelry Making 101		<b>No Grocery Shopping</b>
			1:00: Downtown Abbey-a-thon	12:00: Farmer's Market
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
		11:45: Health Guidance Clinic	9:00: Mini Trip: Universal Drive	
		11:30: Bring Your Own Lunch & Bingo Sundaes from McDonalds for \$1.00	1:00: Downtown Abbey-a-thon	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	10:15: Trip Out: Aqua Turf	10:00: Jewelry Making 101	10:30: Bocce Tournament With Wallingford Senior Center & lunch	11:45: Hot Dog Friday
	10:30: Storyteller Kate Allen Smith	10:00: Make It & Take It Crochet Necklace & Bracelet	1:00: Downtown Abbey-a-thon	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	11:30: Lunch Bunch: Sandpiper Restaurant	11:45: Health Guidance Clinic	9:00: Mini Trip: New Haven WalMart	9:00: Collection Date: Essex Steam Train & Boat
		<b>No Afternoon Activities</b>	3:00: Dinner and A Movie: Joy	11:45: Hot Dog Friday
<b>29</b>	<b>30</b>	<b>31</b>		